

Extended Absence Make-Up Assignment

Objective: You will research a life threatening disease. You may choose from (but are not limited to) any of the following examples: Atherosclerosis, cardiovascular disease, stroke, obesity, osteoporosis, diabetes, cancer, sickle cell anemia, etc. Through your research, you will discover the nature of the disease and how the disease or its associated symptoms may be positively affected by exercise.

Assignment: The written report must include the following:

1. Explanation of the Disease- Causes? Effects on the body? Signs? Symptoms? Signs? Progression? Etc.
2. The Role of Exercise- How can exercise aid in the prevention and/or treatment of the disease?
3. Exercise Prescription- Research and create an appropriate weekly exercise program for a person with this disease. You must justify your prescription.
4. Bibliography- You must provide a bibliography that lists all sources of information used for this assignment.

Length: The total length of you extended absence assignment should be 1 page for every 1 day you are out of regular class activity. If you miss 10 days, then you should complete 10 pages of research reporting. The total length will not include bibliographies. You can research more than one disease. If you need 12 pages, rather than one report that is 12 pages long, you can do four reports that are 3 pages each. The minimum length for any one report is 3 pages. So you can do as many three page reports as necessary.

Format: If typed, the report must adhere to the following: double spaced, 12 font, 1 inch margins. If hand-written, the report must adhere to the following: single spaced, neatly written in ink, legible.

Credit: Full credit will be awarded for assignments that meet *ALL* of the above requirements. Partial or no credit will be awarded accordingly for any assignment that fails to meet one or more of the above requirements.

Due Date: Upon return to class.